

ABSTRACT OF THE DISCLOSURE

An abdominal exerciser which is characterized in that the moveable mechanism has a main shaft end portion mounted with a leg-hooking module and the top face of the end of the main shaft is a seat pad, and the two lateral
5 walls of the main shaft corresponding to the middle section of the seat pad is protruded with a hollow inner clutching member. The end face of the hollow clutching member corresponding to one lateral side of the leg-hooking module is protruded with a protruded engaging block. The internal of the inner clutching member is provided with a rod for pivotal mounting. The top
10 portion of the two ends of the first supporting frame is formed into a first clutching member which corresponding to the rod. The top portion of the two ends of the second supporting frame is formed into the second clutching member, which can be pivotally mounted to the rod. The protruded engaging block is different from that of the first clutching member.